



Runner Sunday

October 13, 2019

United Lutheran Church Sunbury

www.runnersunday.com



5K run/10K run/One Mile Walk

The 5k and 10k will begin and end at the United Lutheran Church parking lot. Mile walk will be untimed.

Pricing for all events

Early bird – before September 1 \$20
Regular price after September 1 \$25
T-shirts guaranteed before Sept 1
Race day registration \$25

Charity

After race costs, all proceeds will go to the Northumberland County Children and Youth Christmas Program.

We are of course seeking sponsors for the race to offset costs, and send more to the charity. Any sponsorship is appreciated. Donations of \$150 or more will get space on the race tshirt.

See the website for course maps, charity details, and more. Any questions, email Race Director at airweaver@ptd.net

Kids Fun Run

\$2 registration (no shirt)
\$10 registration includes shirt

Schedule

7am – registration opens
8:00 – 10K start
8:15 5K start
8:30 untimed mile walk start
9:15 kids run
9:30 AG awards and door prizes

Post Race

After the race and awards, United Lutheran Church will be holding a special Runners “Shoe Blessing” during the regular 10:00 AM worship service. All participants are invited to stay and worship with us in running clothes if they wish. Participation in the race is open to all, and church attendance is welcome but not expected.

Mail registration form to

Runner Sunday
United Lutheran Church
167 Seven Points Road
Sunbury, PA 17801

Online registration available through falconracetiming.com

Registration – Checks payable to United Lutheran Church. Please do not send cash.

Name _____ Shirt Size S M L XL XXL
Address _____ Age _____ Gender _____
City _____ State ____ Zip _____
Phone _____ email _____ kids shirt size
Event 5K ____ 10K ____ Mile Walk ____ Kids Run ____ YS YM YL

Please sign waiver below

In consideration of the acceptance of this entry to the Runner Sunday event, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups, and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in this race.
